



From the Raven's Nest...

for Friday, February 21st, 2025

Pink Shirt Day...

In September of 2007, two students in Nova Scotia took a stand against bullying that initiated a national, and international, movement against bullying. I remember the story because at the time I was teaching grade 6 at Cedar Hill middle school and my students were so moved by the story they wanted to do something and that resulted in creating shirts and having a school event for my first "Pink Shirt Day" in February of 2008. A single day event is only a symbol of a commitment that we need to maintain for all 365 days of the year.

We know that bullying is something that often occurs as a part of middle school life. As students try to learn to navigate their new focus on social connections, friendships and relationships with their peers, they often make mistakes and if these mistakes are not corrected they can become a pattern of behaviour. Bullying occurs when there are repeated, power imbalances in which one student, or group of students, misuses their power over another. On February 26, and every day, we endeavour to teach and support students as they learn to meet our school expectation that they will "Speak and Act Considerately" to each other here at school.

We really hope that this will help all of our students have a context for PINK Shirt Day on Wednesday, as well as help them bring to life our school vision: **At Rockheights, we use our unique strengths and challenges to build an empowered community.**



What's happening next week at Rockheights:

Monday, February 24th - Family Day Holiday

- Mr. Campbell's 7/8 Boys Team at Lansdowne

Tuesday, February 25th

- Pizza sales today!- Preorder using www.schoolcashonline.com
- Mr. Snider's 7/8 Girls Competitive Team practice after school

Wednesday, February 26th PINK SHIRT DAY

- Mr Snider's 7/8 Girls Competitive Team at Rockheights

Thursday, February 27th

- SUBWAY Day for those that pre-ordered
- Mr. Macinnis & Malinowski's 6/7 Boys Team at Glanford

Friday, February 28th -

- Open auditions for Youth Theatre Canada – see pg 2 for more info
- Student Forum on Diversity/Inclusion and Equity

Upcoming Dates:

Mar 10 – Second Learning Updates available for parents

Mar 12 – Concert tour of Elementary Schools

Volleyball Practice Schedule...

Monday	Tuesday	Wednesday	Thursday	Friday
7/8 Girls Camp (Snider)		Before School	(optional) Start all girls team practice	
Nutrition Break				
Lunch				
6/7 Girls B (Snider)	7/8 Girls Rec (Snider)	6/7 Boys (Macinnis Malinowski)	7/8 Girls Camp (Snider)	6/7 Girls A (Petropoulos)
After School				
7 Girls Camp (La Prairie)	7/8 Girls Camp (Snider)		7/8 Boys (Comptel)	(optional) All girls have practices Dec 4 Girls

Pizza Days continue! –Weekly Pizza sales are set up on www.schoolcashionline.com and will be available until Sunday night at midnight.



Youth Theatre Canada – Victoria (<https://www.youththeatrecanada.com/>)
is coming to Rockheights...

This Friday, students have the opportunity to audition for Youth Theatre Canada - Victoria's upcoming Spring 2025 program, Wizard of Oz! Auditions will be taking place on Friday, February 28th (lunch break) at Rockheights.

Youth Theatre Canada will be casting students in Grades 6-8. No preparation or experience is required, but please wear comfortable clothing. If asked to attend a callback audition, it will take place early March. Details will be sent via email.

Youth Theatre Canada - Victoria is a professional school for stage training and performance, providing opportunities for students with beginner, intermediate, and advanced levels of experience. There is no cost to audition. If selected to be a part of the program, there is a tuition fee (financial assistance provided for interested families). As well, instructors will work with families to establish a carpool for students from the Greater Victoria Area.

We really appreciate the ongoing communication with families around any issues that arise. We know that adolescents are learning how to interact with each other in healthy ways and that learning can lead to mistakes. Especially if your child is being bullied, or even if you feel they are involved in a seemingly minor interaction with peers, we really appreciate you letting us know. This can be done by connecting with your child's Advisory teacher or directly with us in the office. When we are working with students we always use a lens of restitution and try to have them answer restorative questions to understand the impact of their actions. These include questions such as why they made the choices they made and how they can repair any damage that they have caused. We know this can be a long process but believe it is the only way that young people can understand the impact of their poor choices.

Sincerely, *Mr Maxwell and Ms. Singh*

Community Opportunities:

Hello,

My name is Gina Panattoni, and I am a facilitator with the YMCA-YWCA Y Mind Groups.

I am emailing to share information about the Y Mind group, a **free, weekly psychoeducational support group** for teens 13-18 and young adults 18-30 experiencing **mild to moderate stress, worries and anxiety**. Participants learn healthy coping skills through mindfulness, Acceptance and Commitment Therapy (ACT) and Self-Compassion to navigate their stress, connect with other young people and receive support all in a safe and supportive community environment.

This group can be particularly beneficial for athletes, performers, as well as those experiencing life changes, transitioning to higher education or work, dealing with challenging family/social dynamics. These valuable life skills can be used for the rest of their lives.

There is **NO COST**. Participants receive a Y gym membership during the program and a cool workbook. We have in-person groups downtown and Westshore along with other community and school partnerships on the island.

We would appreciate it if you would promote this program with your students and networks (even friends and family that could benefit from this program). Please check out these videos made by past participants about how the program has supported them.

[Y MIND PARTICIPANT VIDEO 1](#)

[Y MIND PARTICIPANT VIDEO 2](#)

***Everyone must attend an information session and following intake to be considered for the group. We want to be sure the group is a good fit for the individual.**

Y Mind Teen (13-18) Upcoming program times and dates:

In person - Downtown Victoria YMCA-YWCA 851 Broughton St. Information & Intake Sessions: Tuesday April 15 and April 23, 2025 5:45-6:30pm Individual intake sessions after the info session Group Program Dates: Weekly on Tuesdays, April 29- June 10, 2025 6:00-7:30pm (In person)	Virtual sessions: Online via Zoom (offered through partner and other Y sites across BC) Program Dates: Dates TBA Information & Intake Sessions: Email Lana at mindfulness@vancouverislandy.ca * note your interest in an online group
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Y Mind Teen (13-18) expression of interest:

In person - Westhills Y Association Services Office 202-1314 Lakepoint Way Information & Intake Sessions: Wednesday April 9, 2025 5:45-6:30pm Individual intake sessions after the info session Group Program Dates: TBD	We are looking to create a group at our Westhills location. With enough interest we can offer a group at this location. Please register through the link below.
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Online registration for information/intake sessions is available here: [YMCA-YWCA of Vancouver Island Online Services \(activecommunities.com\)](#)

For more information check out [our website here](#) or see contact info below.

We are happy to answer any questions or provide additional information and encourage you to please get in touch. 😊 Y Minds is funded by the Ministry of Mental Health and Addictions as an early intervention program. Individuals experiencing severe anxiety and stress that significantly impacts their ability to perform daily activities, likely require more support than what Y Mind is intended to provide. However, they may have friends or family members that could use the help.

Thank you very much for your time and consideration.

Gina Panattoni

YMinds Facilitator

YMCA-YWCA of Vancouver Island

202-1314 Lakepoint Way, Victoria BC V9B 0S2

vancouverislandy.ca

Please note this email is only monitored once per week (Saturday). If you require a more immediate response, please email Lana Millott, Program Manager at lmillott@vancouverislandy.ca

I gratefully and humbly acknowledge that the land where I live and work is on the unceded territories (stolen land) of the W̱SÁNEĆ, Tsawout, Songhees, Esquimalt and T'Sou-ke people.

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